

BaNES, Swindon & Wiltshire Children and Young People support lines				
Provider	Opening hours	Age	Contact details	Locality
CAMHS (BaNES)	Weekdays (9am - 5pm)	0-17	01865 903889	BaNES
CAMHS (Swindon)	Weekdays (9am - 5pm)	0-17	01793 463177	Swindon
CAMHS (Wiltshire)	Weekdays (9am - 5pm)	0-17	Marlborough: 01865 904666  Melksham: 01865 903777  Salisbury: 01722 336262	Wiltshire
CAMHS (Out-of-hours)	Out-of-hours (including weekends)	0-17	Please call the Warneford Coordination Centre on 01865 901000 and ask for BSW CAMHS on-call.  Professionals only.  Young people and their family should be advised to contact their GP or go to the nearest A&E department.	BSW
Virgin School Nurses	Weekdays (12pm - 2pm)	4-18	01225 831666 or 01761 408111  Confidential chat health text service available on 07480 635513.	BaNES
Off the Record Counselling  (Listening and counselling services operating via telephone or Zoom)	Flexible	11-25	<a href="http://www.offtherecord-banes.co.uk">www.offtherecord-banes.co.uk</a>	BaNES
Kooth  (One-to-one counselling in digital chat rooms)	Weekdays (12pm - 10pm)  Weekends (6pm - 10pm)	11-18	<a href="http://www.kooth.com">www.kooth.com</a>	BaNES & Wiltshire

Early Help Hub	8.30am - 4.30pm	0-16	01793 466903  (Option A: Swindon Multiagency Safeguarding Hub)  (Option B: Early Help Hub)	Swindon
Swindon and Gloucestershire Mind: Telephone Wellbeing Service	Weekdays (9am - 5pm)	0-18	admin@sgmind.org.uk / 01793 432031	Swindon
Swindon and Gloucestershire Mind: Self Harmony Counselling (for those engaging in self harm or self injury)	Weekdays (9am - 5pm)  Evening appointments available until 8pm on Thursdays	16+	admin@sgmind.org.uk / 01793 432031	Swindon
Barnardos	Weekdays (9am - 5pm)	5-18	info.wiltsemh@barnardos.org.uk	Wiltshire